



Cardinals Nordic Ski *Handbook*



Welcome to the Willmar Nordic Ski Team. Our team has a place for every student who wants to learn to cross country ski and race. Of the students who join our team each year, some are experienced racers, some have skied with their families, and some have never been on skis before. You are all welcome.

Coaches Purpose Statement: To teach life-long lessons through patience, leadership, integrity, and respect for others around us.

Our goals for all the skiers are: That you will...

- 1) Learn how to ski technically well.
- 2) Learn how to wax your skis for all conditions.
- 3) Develop the strength and conditioning to enable you to be a fast & better ski racer.
- 4) To transform each skier so it will be a lifelong sport.

Philosophy

Nordic Skiing is one of the most enjoyable ways to celebrate Minnesota winters. While others are inside working out, skiers are challenged to become part of the outdoors. As coaches, we will help individuals identify their strengths and use them to maximize their potential.

A winning team has a winning attitude. This means encouraging all teammates during practices and competitions; respecting others; participating fully in all team activities; and maintaining a positive outlook.

Skiing requires specific skills. By joining this team you will gain a lifelong fitness activity to be enjoyed alone or with family and friends.

Through your self-motivation, hard work, and good sportsmanship, we will have a great ski team.

DIG – Dignity, Integrity, Grace

Willmar stands for:

Working Hard by giving your best effort at all times.

Involve your teammates by cheering them on.

Life Lessons are learned through Dignity, Integrity, and Grace

Love the sport.

Mentally push yourself to do better, to be better, and to overcome defeat.

Attitude by keeping yourself positive.

Represent the Red by ***Respecting*** yourself and others.

Who are We?

We are Willmar
Together United and Strong
Ready to fight our battles
Striving to be #1
We are the Cardinals
A team and family
We live and fight together
Champions we will always be...

Contacts and Personnel

ATHLETIC DIRECTOR:	Ryan Blahosky	231-8331 (W)
Activities Information Line:		231-8330
HEAD COACH:	Brad Haugen	231-8428 (W)
		444-2301(C)
		haugenb@willmar.k12.mn.us
Nordic Website:	http://www.willmar.k12.mn.us/Page/1149	
ASSISTANT COACH:	Jeff Winter	
Middle School Coach:	Marquis Christensen	

Practice Times and Locations

- Practices will be at the Senior High, Eagle golf course, Prairie Woods, or Sibley State Park.
- When we practice off-site, practices will begin with a team/captain meeting shortly after 3:00 at the designated site. Middle school skiers will arrive at the high school at 3:05. The shuttle bus will transport skiers to the golf course, if needed. Parents will need to pick up their skier between 5:00 and 5:30 depending on the end of practice time.
- If needed, the Coaches can drive the school vehicle to Prairie Woods or Sibley, 7 passengers only.
- All athletes will be skiing by 3:30.
- Lockers will be assigned to all participants if needed.
- Please pick up your skier at the site we are practicing at. If we are at Prairie Woods or Sibley, pick up will be at the Senior High or Eagle Creek Golf Course.

Practice Sites

- Senior High School and/or Glacial Lakes State Trail.
- Willmar Golf Course (Eagle Creek) – Swan Lake. We plan to have most of our workouts on the Willmar Nordic Ski Club's 5+ km groomed trail.
- Prairie Woods Environmental Center
- Sibley State Park
- Transportation is a concern. Carpooling may be needed.
- There will be no mixed gender in the same seat on bus trips.

Expectations

Organization allows for fun: Nordic skiing requires much organization!

- Academics come first.
- Attendance at practice is mandatory.
Excusable absences are for class activity, illness, doctor appt., and parental discretion. In order to be excused for any of these reasons, bring a note or email beforehand or send a note.
- If you cannot attend a practice due to an unforeseen reason please let the coach know with a note, text, or email.
- Be on time for all practices.
Everyone on the team is expected to be ready (dressed, skis waxed, with appropriate gear) to workout for practice. Those not prepared or on time will be tardy.
- Practices on campus will start with a brief team meeting shortly after 3:00 at the designated site.
- Practices will vary. It is up to the athlete to be aware of the practice schedule, which we will post weekly. However, due to the weather, practices may change. (**Nordic skiing requires flexibility in scheduling**).
- **Take care of and be responsible for equipment:**
 - A Have all equipment labeled with your name.
 - B Have ski poles available at all dry-land practices.
 - C Keep roller blades, tennis shoes, hats, and mittens in the locker throughout the season. Have several of each.
- Treat yourself and others with respect! Everyone on this team is important and no matter what one's level of ability, all will be treated equally. Any concerns, please talk to coaches right away.
- **Consequences:**
 - 3 "tardies" to practice will count as an unexcused absence. If an athlete has 1 unexcused absence from practice, he/she will not be able to participate in the next meet. Should an athlete have a 2nd unexcused absence, he/she will miss the next 2 meets and will be ineligible to earn a varsity letter/participation award.
 - Any other problems will result in missing 2 meets, loss of awards/captain, or no longer on the team. The decision will be made by the Coaching staff/AD/skiers involved.
- **We want this to be a fun sport. We feel it is a privilege to get to work with all of the athletes on this team.**

Nordic Ski Lettering Policy

To receive a varsity letter in Nordic skiing is an honor and requires hard work. Each athlete will set personal goals and work towards achieving them. Dedication, diligence, and persistence will be needed. Receiving a varsity letter will be based on these criteria:

- Participate in at least 3 varsity(5K) meets or total 15K
 - Senior competitor in at least 2nd year competition.
 - Good attendance
 - Coach's discretion.
- The coaches reserve the right to award or withhold a varsity letter at their own discretion.
- ◆ Reasons for withholding a letter include but are not limited to: substance abuse, poor practice performance/attendance, missing competitions, and unsportsmanlike conduct.
- All other competitors will receive a certificate of participation.

Captains and Captain Duties

- ☒ Have great attendance
- ☒ Be able to include all members
- ☒ Be a group leader/Role model
- ☒ Encourage – don't criticize
- ☒ Facilitate warm-ups and cool-downs (every day)
- ☒ Organize any clothing ordering with the coach.
- ☒ Help make posters etc.
- ☒ Plan team parties, dinners
- ☒ Help w/student count on bus
- ☒ Pass out flyers, in-school announcements
- ☒ Help with end of year banquet/waxing
- ☒ Help with waxing instructions
- ☒ Communication with the Coach

Being a captain is an honor and comes with special recognition!